

Carbon County Recreation

81 N 200 E • Price, UT 84501 • 435-636-3702

Big Water River Rescue Workshop

Coordinator and Lead Instructor: Bo Christensen

bo.christensen@ceu.edu

Brief Itinerary

You will be provided a detailed itinerary at the workshop. Call if you have questions.

The guides will be camping at Swasey's Beach. You are welcome

to join us or make your own accommodations. Motels are only 15 minutes away.

Friday

5 p.m. Group Dinner at Ray's Tavern

Everyone is on your own for dinner. If you do not wish to join us for dinner, come to the museum by 6 p.m.

6-9 p.m. Classroom session at John Wesley Powell River Museum

Introduction to the workshop — what we want to accomplish

Knots and ropes

Saturday

7 a.m. Breakfast (provided)

8 a.m. to 4-5 p.m. Scenario-based river situations

(Lunch provided)

Capsized rafts/self-rescue

Self-rescue techniques and practice

Safely righting an upside down raft

Throw bags, swimming rapids/self-rescue

Rescuing kayakers

Pinned raft — We will work on knots, rope work, z-drag

6 p.m. Dinner on your own — the guides usually go to town.

You are welcome to join us.

Sunday

7 a.m. Breakfast (provided)

8 a.m. to 2 p.m. Scenarios — Putting it all together

(Lunch provided)

There will be several scenarios. You will not be told what the scenarios are. Be ready for anything. Make a decision. Make a plan. Execute it.



Topics, goals & scenarios

You will need a pfd, helmet, knife, whistle, plus appropriate clothing. We will provide rafts and community gear. Breakfast and lunch on Saturday and Sunday are provided. You may camp or stay at a motel in Green River, UT.

Topics covered and expected outcomes

- Never create a second victim
- Self rescue
- Decision making, on and off the river
- Understanding of group dynamics and compatibility
- Rescue techniques
- Safe river travel
- Having what you need to work with
- Using what you have to work with
- Boating attitude and mentality
- Environmental awareness
- Knots, ropes, and knives
- Communication on and off the river
- TL
- Signals
- Chain of command
- Proper introduction for new people on the river
- Ability to make a decision and stick to it — make the right decision
- Know what you are capable of and what your group is capable of; more importantly, know your limitations
- You must be confident in what you attempt, or don't attempt it at all
- Self rescue — don't rely on someone else
- Know where you are, what type of environment, weather, physical condition of yourself and others in the group
- Communicate before you launch
- Hand signals
- Whistle signals



Scenarios

- Capsized rafts/self rescue
- Feeling comfortable in the river
- Getting back in a raft
- Getting on top of an overturned raft
- Rescuing other swimmers
- Throw bags, swimming rapids
 - When was the last time you used a throw bag?
- Pinned raft — Knots, rope work, z-drag
- Containing situations

